

# Welcome to the 2013 Coordinated School Health Summit



**“All in for Health & Academic Success”!**

**Coordinated  
School Health  
Unbridled Talks**

**“All in for Health & Academic Success”!**



**Kentucky Public Health**  
Prevent. Promote. Protect.



**KENTUCKY  
SHAPE**   
COORDINATED SCHOOL HEALTH



# **All in for Health and Academic Success!**

## **Family & Community Involvement**

**Merritt Bates-Thomas**

**Board Member, Daviess County  
Public Schools &**

**Nutrition services Supervisor, Green  
River District Health Department**



**It Takes All of Us**

**Collaboration is the Key**

# Changing the Way We Think

What isn't taught over three generations can or will be lost.

How can we be held responsible for what we don't know?



# Evidence Based Strategies

- **Integrate education with supportive environmental change.**
- **Include both nutrition education and physical education.**
- **Build in parent engagement.**



# Evidence Based Strategies

- **Promote community engagement.**
- **Policies that limit food availability show promise.**
- **Dose and continuity is important.**

Journal of the Academy of Nutrition and Dietetics  
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**Food is not a reward.**

**Physical Activity is not a punishment.**



**“The foods we feed our children help create their eating habits for a lifetime. Healthy foods, balanced with regular physical activity, are essential for a child’s optimal growth and development.”**